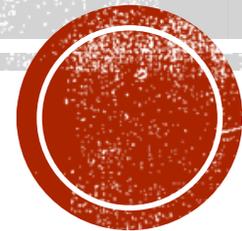


# GRIT, RESILIENCY, AND SELF- ADVOCACY

Character Markers for College Success



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# COLLEGE ELIGIBILITY

- Grades in college prep courses
- SAT Scores
- Essay
- Resume of Activities
- Recommendations

Is there room for failure when prioritizing college eligibility?



# COLLEGE COMPLAINTS

- Student rely on their parents to revise their work
- Students rely on their parents to communicate with professors and work out roommate issues with Dean.
- Defeated when they encounter obstacles
- Have never learned to deal with failure



# COLLEGE READINESS

- Academic Preparation
- Study Skills
- Critical Thinking
- Rhetorical Skills
- Writing skills
- Resilience
- Grit
- Self-Advocacy



# GRIT

- Sticking with something when it does not come easily
- Overcoming challenges
- Pursuing passions in the face of obstacles
- Having a growth mind-set rather than a fixed mind-set
- Believing that hard work can and will make a difference



# RESILIENCY

## No Pain, No Gain

Unless your child experiences disappointment, failure, or hurt he/she will not learn to be resilient



# RESILIENCY

Resiliency does not come by avoiding all problems or hardships. This is impossible

Resiliency comes by figuring out how to overcome problems



# SOME PROBLEMS YOUR TEENAGER MAY ENCOUNTER

- Academic Endeavors

Situations: bad grade on a test, worked hard and scored lower than expected

- Activities

Situations: didn't get the part in the play I wanted, didn't make the team, didn't get elected...

How do you respond?

What are you going to do about it?

What would you do different next time?

What could you learn?



# HELP KIDS SOLVE THEIR OWN PROBLEMS

1. Show Empathy
2. When your child comes to you with a problem, stop and think what he may learn from solving this problem on his own.
3. Resist the urge to tell your child how to solve problems.
4. Resist the urge to solve it for him/her
5. However, this does not mean that you should not reinforce values such as hard work, courage, and perseverance.
6. WAIT - Waiting for your child to come up with his own solution is the hardest part  
but WAIT



# SO... SHOULD WE NEVER PROTECT THEM?

- Protect their hearts, souls, and minds
- Train them on what is good, true, and beautiful
- Protect their character



# SELF-ADVOCACY

- Representing yourself and your interests.
- Identifying your needs and speaking up for them
- Making your own decisions
- Problem solving
- Using the resources needed to solve your problems and meet your goals
- Self-determination



# IT MATTERS IN COLLEGE AND LIFE

- Talking to the professor about academic struggles
- Resolving roommate issues
- Utilizing resources on campus like writing centers
- Making decisions about academic majors and course registration
- Later on...negotiating salaries, balancing work and family life, etc



# PRACTICE SELF-ADVOCACY

- Practice identifying needs and goals:
  - I don't understand this math concept
  - I can't finish this homework on time
  - I want to do better on my exams in English class
  - I want to find out more about colleges
- Ask, "how will you solve that," or "who do you think could help you with that?"
- Coach your child to have conversations with the adults who can help. Start in Middle School.
- College Advising process an important opportunity to develop skills in self-advocacy.



# **TRY, FAIL, LEARN, TRY, SUCCEED, LEARN . . .**

- This is how we learn and grow
- Resiliency, Grit, and Self-Advocacy are skills learned through practice
- Require a courageous attitude toward failure
- Grit, Resiliency, and Self-Advocacy are traits sought by colleges:
  - The lessons we take from failure can be fundamental to later success. Recount an incident or time when you experienced failure. How did it affect you, and what did you learn from the experience?
  - Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?
  - Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.



# MORE RESOURCES ON GRIT, RESILIENCY, AND SELF-ADVOCACY

- **How to Raise an Adult: Break Free of the Overparenting Trap and Prepare your Kid for Success, by Julie Lythcott-Haims**
- **Grit: The Power of Passion and Perseverance, by Angela Duckworthy**
- **Mindset: The New Psychology of Success, by Carol S. Dweck**

